

# Be **ACTIVE** Your Way VA!

## 2009 Champions' Challenge

March 29, 2009-June 20, 2009

**Register Online:** [www.move.va.gov/challenge.asp](http://www.move.va.gov/challenge.asp)



**Goal:** Complete **150 minutes** or more of moderate intensity physical activity for at least 8 out of 12 weeks during the challenge.

**Earn milestone prizes along the way. All participants who complete the challenge will be eligible for entry into a national prize drawing sponsored by Veterans Canteen Service**

### Kick-Off

**When:**

**Where:**



VA is a proud supporter of the U.S. Department of Health and Human Services Physical Activity Guidelines for Americans.